GRDHD is making movies!! Well, not really, but we are producing videos. In an effort to communicate more with the community and our staff, we are creating 3 minute videos highlighting the many programs and services provided by GRDHD. The videos will be pushed out to the public via Facebook, Twitter, and our website. The videos are designed to give people a quick peek into a program featuring the services a program offers, who qualifies for the services, and who to contact regarding the services.

Three videos have been produced so far: Building Stronger Families, Hands, and First Steps. By the time this article is published, all three program videos will be on Facebook, Twitter, and the Common Drive. Diabetes, Immunizations, Tobacco, and Cancer are currently in the production stage. Several programs are scheduled to be produced over the next year. So, take a moment to watch the videos, share them with your staff and friends. Let’s get people more familiar with the great programs and services available at GRDHD.

KUDOS TO YOU!

HANDS would like to give a big shout out to David Hunter. During the last week of September, HANDS was unable to use our doc drive in which we have every piece of our HANDS program and our electronic records stored. If you would ask David what he did for us, he would say he was just doing his job. However he did much more by never losing his patience, asking to understand what we needed and individually helping everyone have access and permissions to folders as quickly as possible. A big, huge thank you for all you did and continue to do with always being so helpful! -Candi Kamuf

Many thanks to De Bethel and Sheri Clark for helping get all the eCW training material ready at the last minute! -Angel Thompson

Thanks to Valerie Roby for making sure there was food available to staff during the eCW trainings. We really appreciate all you did! -Angel Thompson

Thanks to David Hunter & Dylan Sharp for working to ensure we had computers and dealing with technical difficulties for the training. Thanks also for getting the new program downloaded for all staff in the clinic for rollout week. -Angel T.

Thanks so much to all the super users—Linda Hughes, Laura Lindsey, Shannon Bartimus, Tina Flener, Jenny Hagan, Tiffany Nalley, Theresa Dollins, Abby Young and David Hunter for giving all your time to the training and rollout of eCW for Green River. They have spent two weeks training and will be leading the rollout for their assigned site beginning October 31, 2016. We couldn’t do it without you! -Angel Thompson

LIGHTS.....CAMERA.....ACTION!

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COUNTY NEWS

DAVIESS COUNTY: Clinic is busy and trying to fill the schedule when possible. Ashley Holderby will be training another nurse to work with the refugees. There is an increase in new refugees scheduled to arrive in September and October. There is also an increase in the number of civil surgeon exams being scheduled. Daviess County is asking if your county is not in need of Dr. Sewell, please let Ashley know so they can use him for civil surgeon exams.

DISTRICT OFFICE: We are excited that Green River has been included in the initial eClinical Works pilot! We are the only district health department that has been included in the pilot project. The other pilot health departments are Madison County, Bourbon County and Lincoln County. The “Go Live” date is November 1, 2016.

HANCOCK COUNTY: Clinic has been busy. The group discussed flu contracts for the senior centers next year.

HENDERSON COUNTY: The clinic has had a couple of walk in flu clinics. They have extra vaccine if the staff working on flu contracts need additional medicine.

MCLEAN COUNTY: McLean has given about 50 flu vaccines so far.

OHIO COUNTY: Ohio County staff has been very concerned with the recent budget, as I am sure staff everywhere is. All of our staff has always tried to add any services needed while a patient is here. Our nurses do a phenomenal job at dental varnishes. Laura Brown and Pamela Ford purchased small desk calendars for themselves as well as other staff from the Dollar Tree for $1.00 each.

The clinic has not received all of their VFC vaccine yet. Most vaccine given so far has been high dose for the 65+ population. WIC packages now allow a yogurt option. Staff at Ohio County were able to identify that the yogurt option was taking 3/4 quart instead of 1/4 quart. The problem was reported and corrected.

UNION COUNTY: The clinic has given all of their high dose vaccine. They had some offsite clinics for flu in the community. They will work on getting information ready for rollout to ensure appropriate tracking.

WEBSTER COUNTY: Clinic has been steady. The clinic has given 116 of 150 regular doses of flu and 21 high dose. The clinic has not received all the high dose inventory yet.

I’m very thankful to be a part of such a kind & caring workplace. I could never thank you enough to those who gave me time while I was off for surgery. Thanks for all the thoughts and prayers, they were needed. I am truly blessed to work with such wonderful people. Thanks again from the bottom of my heart. -Kathy Bentley

Congratulations to Joshua and Laura Onstott on the birth of their 3rd child, Micah Benjamin. Micah was born on October 20th and weighed 7 lbs 10oz, 21 inches long. Momma and baby are both home and all are happy and healthy. District staff surprised Joshua and Laura with a baby shower in September to welcome the new bundle of joy!
The Great American Smokeout

Get ready to lose the habit, and become victorious over tobacco. The American Cancer Society Great American Smokeout event is your chance to triumph over addiction. Every November, we set aside the third Thursday to encourage smokers to go the distance, and to finally give up smoking.

About 42 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the United States. As of 2013, there were also 12.4 million cigar smokers in the US, and over 2.3 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco.

By quitting — even for one day — you will be taking an important step toward a healthier life — one that can lead to reducing your cancer risk. It’s a race for your health, and it starts today. Today’s the day that quitters win.

Source: cancer.org/smokeout

November 17, 2016

PHAB (Accreditation) Updates

On December 9, 2016, Green River District Health Department will celebrate two years as a Public Health Accreditation Board (PHAB) accredited agency – a feat that could not have been completed without the efforts of all staff. For each of the initial five year certification, we must submit an Annual Report to PHAB demonstrating continued compliance with PHAB Standards and Measures. For GRDHD, section I of the Annual Report focuses on two specific measures addressing policy change and Board of Health activities. Section II elaborates on Performance Management and Quality Improvement, the Strategic Plan, Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP) as well as “emerging issues.” The Annual Report is due December 31. To review a copy of last year’s report, please see the PHAB Accreditation folder on the Official Documents drive.
The Redesign of the Nutrition Facts Label

In 1990 through the Nutrition Labeling and Education Act, all packaged foods were required to have nutrition labeling. By 1992, the nutrition facts label was included on such foods. Since then, the label has been used as a guide to help consumers make informed decisions when purchasing foods. The label was later revised to include trans-fat content information in 2003. In May 2016, the Food and Drug Administration (FDA) released a statement regarding revisions to the nutrition facts label in hopes to better educate and inform the general public in their purchasing choices.

New Label Features:
According to the FDA, the newly redesigned nutrition facts label is due in part to recent scientific research showing the importance of the addition and exclusion of certain nutritional information on the label. The new label will have an updated footnote explaining what “percent daily value” means, added sugars information is now included, the words “calories” and “serving size” will be in a larger font, bolding of the number of calories and the word “serving size”, addition of potassium and Vitamin D, exclusion of Vitamins A and C, removal of “calories from fat” information, actual amounts of Vitamin D, potassium, calcium, and iron noted, and updated daily values. In addition to these changes, the FDA states that certain package sizes will see a change in serving sizes and labeling requirements.

What This Means for Manufacturers and Consumers:
For manufacturers the new requirements mean having their products with the redesigned nutrition facts label by July 26, 2018. Smaller manufacturers (less than $10 million in annual food sales reported) will have an additional year to comply with the new labeling requirements. Once the revisions to the food packaging have been incorporated, consumers will have the opportunity to make smarter and healthier purchasing decisions for themselves and their families by using the redesigned nutrition facts label.

- Stephanie Johnson

Bibliography:
Information and picture for article came from the following websites;
http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm
http://www.fda.gov/AboutFDA/WhatWeDo/History/Milestones/ucm128305.htm
COMPASSIONATE CARE ANGEL TREE PROGRAM

Compassionate Care is going to be implementing our Angel Trees again this year for Christmas! We had such a fantastic turnout last year and the response was overwhelming. Our clients had such a wonderful Christmas party, thanks to all the staff that volunteered their time and money to make sure that each angel was "adopted" and had presents under the tree here at ADC.

We will be setting up our Christmas trees, once again, in each of the staff break rooms closer towards the holidays. Each angel ornament will have gift suggestions written on it, and whether your angel is a male or female. The price limit we had suggested in the past was $15, but you are more than welcome to spend whatever you feel comfortable with. Anything and everything, whether it be big or small is so greatly appreciated. If you adopt one of our angels, we ask that any presents be wrapped or in gift bags & delivered back to ADC by December 16th (Friday)/no later than December 19th (Monday). The date of our Christmas party will be on December 22nd this year, so if anyone wants to stop by that day and celebrate with us, we love visitors!

We also want to express how much we cherish all of the staff here in the Health Department and at District for being so supportive and caring for the ADC clients. We know that we wouldn't be able to pull this off on our own. Thank you again for all of your support at Christmas and throughout the year!

From all the staff here at Compassionate Care

WHO AM I?

I have worked for GRDHD for a little over 6 years as a clerk. I was born in Cincinnati, OH. I am the youngest of 4 children and the only girl. My parents moved us to KY when I was 3 years old we had never seen cows before and thought they were big dogs. I am extremely blessed to live within 5 minutes of my parents who celebrated their 46th wedding anniversary in March!

I have been married for 16 years to a man who makes me laugh every day. He is such a constant encourager in my life. I know without a doubt that he is one of my biggest fans. We have a 14 year old son who is multi-talented and amazes me every day! So thankful that God chose me to be his mother! In my free time you can find me curled up in my overstuffed chair with a book and my eight year old fur baby Scullie on my lap. People might be surprised to know that in 2004 for 2 weeks I had a song on the European Christian Music Charts at # 97.

Favorite Quote: “Having a rough day? Place your hand over your heart. Feel that? That’s called purpose. You’re alive for a reason. Don’t give up.” ~Unknown

Can you guess, Who Am I?
As part of the agency's strategic plan, all supervisors are undergoing additional training in leadership and management. The effort is to increase our skill sets and assist the agency as we continue to strive for excellence in serving the public.

On October 4, supervisors from across the district gathered for a day of leadership coaching and team building. Cynthia Lamberth, with the Kentucky Population Health Institute, facilitated the day’s activities.

Prior to the session, each participant was asked to read the book written by Mark Sanborn entitled: *You Don't Need a TITLE to be a Leader*. Sanborn is an internationally acclaimed motivational speaker focused on leadership development. He attributes successful leadership into 6 principles.

**Self-Mastery** - A way of re-framing how you look at work and life so that when events happen to see them as OPPORTUNITIES rather than OBLIGATIONS. …people who change the world around them...rarely act from a sense of obligation....

**Focus** - To consider what needs to get done and be aware of distractions that derail your efforts. According to the National Association of Professional Planners the average American's desk has about fifty-two hours of unfinished work in it. Tips to help focus: set an agenda, prioritize & live intentionally

**Power with People** - Sanborn states that everything we accomplish happens not just because of our efforts, but through the efforts of others. To be a good leader you need the 3 C’s: Character, Competence and Connection. This can prove difficult as many leaders find it uncomfortable in trying to motivate others, confront problems or challenge ideas of those around you. Leadership is often setting an example. "You get the best out of others when you give the best of yourself."

**Persuasive Communication** - Sanborn urges leaders to keep the best interest of others in the forefront of action. Leaders should seek both feedback and feed-forward. Feedback supplies information or opinions about something to encourage improvement. Feedforward provides individuals with the information they need to be successful before they undertake something - similar to preventive health. Sanborn encourages story telling as often those moments are memorable, pertinent and exemplify the point better than written text.

**Execution** - Leaders often need to get activities/objectives done or to be high producers. Consider your IQ = Implementation Quotient. Having good ideas isn't enough - leaders have to be able to implement them. Sanborn cautions to not over analyze the situation or fear failure which are two barriers to execution. Tips to help in execution: Dream Big, Plan Small, Team Up, Keep Striving and Act Boldly.

**Giving/Legacy** - "Giving teaches us to look beyond ourselves and be of greater service in helping others." By GIVING, Sanborn states the world would be a better place and makes the givers feel good about themselves. Life is not infinite. There are limited hours in the day. We all must choose, whenever possible, where to invest our energy. Where will we realize the greatest impact?

Quotes: I found the book interesting and well written. All principles "spoke" to me, but I probably resonated with the Giving/Legacy the most. I believe the work we are doing benefits so many in our community which should leave a lasting positive impression and future.
PINK Grant Update

Lots of community presentations have been done by the PINK team in efforts to reach out more to women in our community. A special thanks to our interpreters who have been so gracious to help the PINK team with the non-English speaking populations. Each of the counties within the Green River District has health councils which were awarded grants so that they could create unique opportunities for their citizenry to learn more about breast and cervical cancer and prevention strategies. Brooke Fogle has done a terrific job helping the counties create meaningful opportunities with these grant funds.

From PINK Outs at ballgames, to health fairs and community festivals, the word about preventative health as it relates to breast and cervical cancers is getting out in our communities! GRDHD boasts a robust cancer screening program which assists women in our district get screened, tested and treatment if necessary. All of these outreach efforts have the intent to enroll women into our Family Planning and Cancer Prevention programs.

Besides our normal healthcare partners, Deaconess Hospital’s mobile mammography unit is rolling up in several counties thanks to the diligence of the health coalitions. Look for the million dollar PINK bus to be in Hancock County on Friday, December 9, 2016 and in McLean County on November 4, 2016.

For more information on breast or cervical health, contact a member of the PINK Team or your local health center.

The PINK Team—Andrea Abell, Melissa Barnett, Nancy Wilson and Angela Woosley

Andrea Abell speaking about PINK preventative health in our community.

GRDHD staff and friends take time out of their day to show their support for breast cancer awareness. Pictured above at the Making Strides Against Breast Cancer walk in Owensboro.
New Hire Introduction

Meet Christine Wing Curry!

Hello! I was hired to be a part of the team of nurses who work with Humana Vitality, Flu Clinics, EPSDT and the Teen Outreach Program®. I have been an RN for 8 years with my experience being in a hospital setting. It has always been my “dream” job to get to work with teens. This job with Green River District Health Department allows me to facilitate the TOP® clubs in two of our area middle schools.

I am the mother of two children and have a delightful grandchild named Teagan. She calls me “Lovey” and that warms my heart. Teagan is the light of my life.

I enjoy basket weaving, gourd art, reading and yard work. I love being outside with nature. Throughout my life I’ve always lived in a variety of states besides Kentucky: Florida, Massachusetts and California. With a military background, I’ve also lived in Okinawa Japan. Unfortunately, I don’t really like sushi. I have only been here at GRDHD for a short time but I love it!

Upcoming GRDHD Holiday Schedule

November
• Tuesday, November 8, 2016 - Holiday, Closed
• Friday, November 11, 2016 - Holiday, Closed
• Thursday, November 24, 2016 - Holiday, Closed
• Friday, November 25, 2016 - Holiday, Closed

December
• M/T/W/Th, December 19, 20, 21 & 22, 2016 - Normal Operating Work Days
• Friday, December 23, 2016 - Holiday, Closed
• Monday, December 26, 2016 - Holiday, Closed

Employees will be allowed to take Annual Leave, Comp time, or Leave without Pay for the three days we are closed (December 27, 28 & 29).

Special Gazette “Treat”

As a special holiday treat, and as a THANK YOU for reading and supporting the Gazette throughout the year, this time around we’ll make it easy. Just email any member of the Gazette Committee asking to be entered into the drawing. That’s it! You might even get a little bonus treat along with your Subway card!

We will choose a winner from a random drawing of all entries. Prize courtesy of the Gazette Committee. Deadline to submit is close of business on 11/18/16.

TOPS for TOP®

TOP® Clubs in the District Need YOUR Help!

Please start saving coke product bottle caps. These can be collected and then used to purchase incentives for the clubs. Look for designated zip lock bags in the health center break rooms or kitchens. Thanks in advance for your help in working with our communities’ teens.
Policies and Procedures ~ Updates & News

Visit the official documents drive or our website for a complete listing of our Policies and Procedures.

- **01.04.03 Incident & Complaint Reporting Procedure** - This procedure was updated to address ADA complaints.
- **04.05.01 Grievance Procedure** - This procedure was changed for grammatical clarifications and to adjust 45 "working days" to 45 "calendar days".
- **04.07 Agency-Owned Equipment and Supply Issuance Procedure** - This procedure was updated to add "financial loss report" to item 2 and clarify who to notify for lost or stolen keys.
- **04.07.01 Agency-Owned Equipment Return Checklist** - This form was updated to add lines for the supervisor’s signature.
- **05.01.01 Travel Reimbursement Procedure** - This procedure was updated to clarify the required signatures on Out of District Travel.

The following were reviewed:

- **04.05 Grievance Policy**
- **04.05.02 Grievance Form LHP-15**
- **05.01 Travel Policy**
- **05.01.02 Request to Travel**
- **05.03 Personal Cell Phone Compensation Procedure**

All staff are encouraged to take the time to familiarize yourself with these new and revised procedures. If you have any questions please contact HR.

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**GAZETTE CONTEST FOLLOW-UP**

Congratulations to Gail Wigginton, Daviess County Health Center! She was randomly picked from a drawing of all correct answers.

Q: As of August 3rd, GRDHD employs how many staff members across it’s seven county district?

A: 196 employees

**Saying Goodbye...**

Leanna Smith, Daviess County
Amanda Bickett, ADC
Susan Sommerfeldt, Daviess County

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Who am I?

I am Toni Pierson from Union County Health Center.

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**SENDING YOU THE VERY BEST WISHES FOR A JOYFUL HOLIDAY SEASON**

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The Green River Gazette is published bimonthly by the Green River District Health Department.

For questions, comments, suggestions or submissions, please contact a member of the committee.

Angel Thompson • Angela Woosley • Carrie Conia
Heather Blair • Linda Wahl • Shanni Jones

**Disclaimer**: The articles contained in the Gazette have been verified through trusted sources. Readers should check with their physician or other health care provider if you have questions or concerns.